

1. **Pohole/Ohole/Ho'opohole:** remove the 'ili with your fingers (to feed the 'āina).
2. **'Ihi 'ai:** Use the 'iwi opihi to remove the cortex ('ili kana), completely cleaning the 'ai (to feed the holoholona).
3. **Pākiki/Pa'akiki/kalo pa'a:** this is the state of a clean cooked kalo
4. **Nahā/Pākī'ai:** break into 'i'o with ka'e into smaller pieces.
5. **Mokumoku:** 8 pounded chunks represent each island, which are used to hold unbroken pieces of kalo, preventing them from sliding while they are broken down.
6. **Pili ka 'ai / hui ka 'ai:** this is the state of the kalo once the mokumoku is flattened and the starch is released. The 'ai clings together.
7. **Pa'ipa'i:** slap everything into a ball.
8. **Pili:** this is the state of kalo - the 'ai is gathered together.
9. **Holo 'ai:** traveling food that can be wrapped in lā'ī.
10. **Pa'i'ai:** move the stone from ka'e to ka'e using various strokes including ku'i, trying to work bumps out and folding the pa'i'ai back into itself.
11. **Ho'o wali:** begin to add water and knead with the hands or stone.
12. **Wali:** the kalo is not quite poi, but smoother and thinner than pa'i 'ai.
13. **Wali loa/ Ku wali:** the 'ai no longer holds its form - it will spread out when you put it together.
14. **Linalina:** Finished state of 'ai on your board.
15. **Poi:** the linalina in your 'umeke.

## HAWAIIAN VOCABULARY

- 'Ai - food
- 'Āina - land; that which feeds us
- Holoholona - animals
- 'Ihi'ai - lightly scraping
- 'Ili - corm skin
- 'Ili kana - sugary/rough top layer of corm
- 'I'o - kalo corm
- Iwi'opihī - mollusk shell
- Ka'e - edge
- Ku'au - handle
- Ku'i - to pound
- Lā'ī - ti leaf
- Linalina - silky smooth
- Moku - island or severed portion
- Mole - base of the pōhaku (rocking curved bottom)
- 'Ono - delicious
- Pa'i'ai - hand-pounded
- Papa ku'i 'ai - surface to
- Pōhaku ku'i ai - stone for pounding
- Poheoheo/maku'u - top
- Pohole - peel off skin
- Ulika - soft and sticky
- 'Umeke - bowl

### TIPS:

- Spread a thin film of water on the papa ku'i'ai to prevent sticking
- Use a soft release of the ku'au during ku'i to prevent any shock from absorbing
- Use the non-pounding hand to apply water to bottom of the pōhaku ku'i ai to keep it clean



# How to Make Kalo (Taro) Poi